



## CORN, SWEET, CREAM STYLE, CANNED

Date: April 2009

Code: A122

### PRODUCT DESCRIPTION

- Canned cream style corn is U.S. Grade B.
- The kernels are golden or yellow.
- There is no cream added.

### PACK/YIELD

- Each can contains about 14  $\frac{3}{4}$  ounces, which is about 3 servings ( $\frac{1}{2}$  cup each).

### STORAGE

- Store unopened canned cream style corn in a cool, clean, dry place.
- Store remaining opened cream style corn in a tightly covered container not made from metal and refrigerate.
- Look at the "Best if used by" or "Best by" date on the can.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at:  
<http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

### PREPARATION/COOKING

- Canned products are fully cooked, so it is safe to eat them without cooking.
- If heated, serve right away or refrigerate leftovers in a container that is not made from metal.

### USES AND TIPS

- Serve canned cream style corn heated as a side dish or use in a variety of main dishes, soups, breads, and muffins.

### NUTRITION INFORMATION

- $\frac{1}{2}$  cup of cream style corn counts as  $\frac{1}{2}$  cup in the MyPyramid.gov Vegetable Group. For a 2,000-calorie diet, the daily recommendation is about 2  $\frac{1}{2}$  cups of vegetables.
- $\frac{1}{2}$  cup of cream style corn provides 2 grams of fiber.

### FOOD SAFETY INFORMATION

- If the can is leaking or the ends are bulging, **throw it away**.
- If the canned food has a bad odor or liquid spurts out when it is opened, **throw it away**.

### OTHER RESOURCES

- [www.nutrition.gov](http://www.nutrition.gov)
- [www.commodityfoods.usda.gov](http://www.commodityfoods.usda.gov)

### NUTRITION FACTS

Serving size:  $\frac{1}{2}$  cup (128g) cream style corn

#### Amount Per Serving

<b>Calories</b>	90	<b>Calories from Fat</b>	5
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#### % Daily Value\*

<b>Total Fat</b> 0.5g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 360 mg	<b>15%</b>
<b>Total Carbohydrate</b> 23g	<b>8%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 4g	
<b>Protein</b> 2g	

Vitamin A 2%	Vitamin C 10%
Calcium 0%	Iron 2%

\*Percent Daily Values are based on a 2,000 calorie diet.

**BROCCOLI AND CORN BAKE****MAKES ABOUT 6 SERVINGS****Ingredients**

- Nonstick cooking spray
- 1 can (14  $\frac{3}{4}$  ounces) cream style corn
- 1 package (10 ounces) frozen broccoli, cooked
- 1 egg, beaten
- $\frac{1}{2}$  cup crackers (like saltines), crushed
- $\frac{1}{4}$  cup margarine

**Topping**

- 6 crackers (like saltines), crushed
- 1 tablespoon melted margarine

**Directions**

1. Preheat oven to 350 degrees F.
2. Spray 1  $\frac{1}{2}$  quart casserole dish with nonstick cooking spray.
3. Mix corn, broccoli, egg, cracker crumbs, and margarine together and place in casserole dish.
4. Mix topping ingredients together in small bowl. Sprinkle over corn mixture.
5. Bake for 40 minutes. Serve warm.

Nutrition Information for 1 serving (1 cup) of Broccoli and Corn Bake					
<b>Calories</b>	200	<b>Cholesterol</b>	35 mg	<b>Sugar</b>	3 g
<b>Calories from Fat</b>	100	<b>Sodium</b>	400 mg	<b>Protein</b>	4 g
<b>Total Fat</b>	12 g	<b>Total Carbohydrate</b>	22 g	<b>Vitamin A</b>	131 RAE
<b>Saturated Fat</b>	2 g	<b>Dietary Fiber</b>	3 g	<b>Vitamin C</b>	22 mg
				<b>Calcium</b>	36 mg
				<b>Iron</b>	1 mg

Recipe provided by SNAP-ED Connection Recipe Finder, <http://recipefinder.nal.usda.gov>.

**GOLDEN CORN BREAD****MAKES ABOUT 6 SERVINGS****Ingredients**

- Non-stick cooking spray
- 1 cup cornmeal
- 1 cup flour
- $\frac{1}{4}$  cup sugar
- 1 tablespoon baking powder
- $\frac{1}{2}$  teaspoon salt
- 1 can (about 14 ounces) cream style corn
- 1 can (about 14 ounces) corn, drained
- 2 eggs, beaten
- $\frac{1}{2}$  cup margarine, melted
- $\frac{1}{4}$  cup low-fat milk

**Directions**

1. Preheat oven to 400 degrees F.
2. Spray a 12-cup muffin pan or a 8x8-inch or 9x9-inch pan with nonstick cooking spray.
3. In medium size bowl, mix together cornmeal, flour, sugar, baking powder, and salt.
4. Add cream style and regular corn, margarine, milk, and eggs. Pour into the flour mixture; stir just enough to blend.
5. Place in pan and bake for 15 to 20 minutes or until a toothpick or fork inserted in the center comes out clean.

Nutrition Information for 1 serving of Golden Corn Bread					
<b>Calories</b>	240	<b>Cholesterol</b>	35 mg	<b>Sugar</b>	7 g
<b>Calories from Fat</b>	80	<b>Sodium</b>	430 mg	<b>Protein</b>	5 g
<b>Total Fat</b>	9 g	<b>Total Carbohydrate</b>	36 g	<b>Vitamin A</b>	95 RAE
<b>Saturated Fat</b>	2 g	<b>Dietary Fiber</b>	2 g	<b>Vitamin C</b>	5 mg
				<b>Calcium</b>	100 mg
				<b>Iron</b>	2 mg

Recipe provided by DelMonte.com.